



RESOURCE
OPPORTUNITIES
CENTRE

Prospective

Volume 11, Issue 1, March 2013



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Message from the Program Coordinator

Jessica Morrissey- Program Coordinator Prospect Road Community Centre

As you may know, Prospect Road Community Centre is a unique, state-of-the-art facility which services all of the communities of the Prospect Road along with surrounding communities and HRM as a whole. One thing that makes PRCC so unique is our ability to tailor our programming, events and offerings to match what our community needs and wants to ensure this facility is a "place for everyone".

Effective Fall 2012, I was pleased to accept the position as Program Coordinator at Prospect Road Community Centre.

Under the direction of the Resource Opportunities Centre and PRCC General Manager, this position was created to ensure that one staff member was given the task to focus on surveying the community to find out what needs were out there, finding ways to try and meet those needs and then coordinating a series of programs that was diverse according to age and program type.

What is the Program Coordinator responsible for?

.... Find out on Page 1

**SPRING PROGRAMING INFO
INSIDE!**

See Page 19

Message from the Program Coordinator - Continued

What is the Program Coordinator responsible for?

- » Research new programming ideas, instructors to facilitate programs and respond to customer/participant ideas and suggestions for additional program offerings.
- » Ensure that programs administered are comprehensive to children, youth, adults and seniors and accommodate a variety of aspects (fitness, art, music, sport, etc)
- » Liaise with and supervise program staff. Ensure needs are met for equipment and room availability and ensure programs are being administered according to program description and curriculum design.
- » Promote programs, events and offerings of Prospect Road Community Centre and the Resource Opportunities Centre. Assist in these areas, if applicable.
- » Monitor program registration and communicate cancellations/changes.

- » A full after-school program for students of Prospect Road Elementary School.
- » A full morning preschool program
- » A diverse and creative Summer Day Camp Program for preschool and school-age children
- » A large and lively Senior Washer Toss group
- » Many successful seasonal activities and programs for all ages which includes fitness, music lessons, sports and creative arts.

As Program Coordinator, I encourage you to please visit PRCC, view our bulletin boards, talk with our staff and see what we have to offer to you. Other great resources for the most up-to-date information include our website, www.centre.prospectcommunities.com, Facebook Page: [Prospect Communities.com](https://www.facebook.com/ProspectCommunities.com), and Twitter: [@prospectandarea](https://twitter.com/prospectandarea)

Please contact me any time:

Jessica@prospectcommunities.com or 902-852-2711.

When to contact the Program Coordinator:

- » If you have a suggestion for a new program or offering.
- » If you are an instructor and would like to offer a program at PRCC.
- » If you have a concern regarding a program (instructor, equipment or design of program), offering, promotional material or event.
- » To book a Children's Birthday Party
- » If you are interested in hosting a community event.

Thus far, PRCC has been extremely successful in providing diverse, unique and high-quality programs which has created a great foundation for the future. As we move into our third year, we have learned what works well, and not-so-well in our community; we've begun to ask for suggestions and comments from our participants via program evaluation surveys; and we are beginning to showcase what great potential this facility holds for the future of our community.

At PRCC we take great pride in the programs we offer and are very proud of our successes. Examples of these successes include:

- » A free after-school youth drop-in program Monday-Friday from 2:15-3:15pm

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centre.prospectcommunities.com



"I love the facility! The staff always greet me with a genuine smile each time I come through the door"

Message from the PRCC Manager



Delisca Norris - General Manager - Prospect Road Community Centre

As always, everyone here at PRCC has been busy and I am once again reminded of how important our community centre is. Our community centre is more than a place where individuals and families come to play soccer, exercise, dance or practice their favourite martial art.

The Community Centre serves as an integral focal point of the community, where people come together! Our aim is to provide the most appropriate programming that nurtures and develops all of our residents!

In 2012 we delivered many successful events and program which we aspire to surpass in

2013! What excites us most is when we discover someone here for the first time – there are still many residents who have not yet experienced the PRCC and we sincerely encourage all of you to come check it out. There really is something for everyone!

Staff Recognition

PRCC is extremely fortunate to have so many exceptional staff members who go above and beyond every day.

This time I would like to recognize Jessica Morrissey. Jessica was a youth member on the Steering Committee for the PRCC when it was just a dream. Upon opening the doors of the “dream come true” in June of 2010, Jessica was hired as a summer student in a grant position. She immediately proved herself to be a valuable asset and has since become a significant component of the day-to-day operations and successes!

We are excited to announce that Jessica has recently been promoted to PRCC’s “Program Coordinator”; she is also our Youth Leader,



Birthday Party Coordinator and facilitates our Bi-Weekly Senior Washer Toss Social (just to name a few of her responsibilities).

Jessica is an outstanding individual who prides herself in her investment in community work and volunteerism in many capacities. Her whole-hearted effort and dedication is admirable. She always goes that extra mile, taking initiative and getting things done; she truly cares.

Thank you for everything Jessica!



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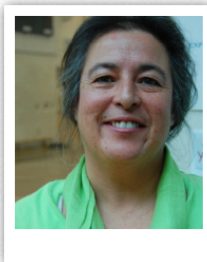
Offer Expires March 31st

ROC Chair's Report - Spring 2013

Barb Allen

Happy New Year!

On behalf of the ROC Board I would like to extend our warmest wishes for 2013 to you and your families.



As residents of the Prospect Communities we all have a stake in our community assets and we all benefit from having local lifestyle and employment opportunities right on our doorsteps.

This coming year the ROC hope to be able to reach out into the community more, in order to hear your concerns and help find solutions, while building a plan to move into the future.

As a community development organization the ROC aims to be more than the volunteer management group for the community centre. We understand that there are many small villages that make up the Prospect Communities and many worthwhile volunteer organizations that strive to make our community a great place to live and work and we want to work together, collaboratively to make our community the best it can possibly be.

Over the next year we will be focusing on a community plan and we need your input to make this happen.

Don't just sit at home and suffer under misconceptions that the government or other civil servants make things happen around here. You have the power to be the change you want to see. I am truly grateful that I have tangible evidence of the hard work and dedication of volunteers from this community every time I step foot in the Prospect Road Community Centre. Volunteering can pay off big time, but you have to be committed. No-fly-by-night effort can make a lasting difference; it takes time, dedication, a strong work ethic and commitment.

We would like to invite each and every resident of the area to get involved, to

participate and to share your ideas and views with others. Help us by stepping up to be a community leader. Tell us what you think, don't just say that "no one asked you", consider this your opportunity to share your opinions and maybe even your time and talents. It takes all sorts, including you! We need to think differently about where we place our values and where we spend our time and money. We need to think big and create a vision for our community.

In the past having the vision of a central community recreation centre started from simple conversations, which led to actions by volunteers, that made it a reality.

What is next? What else does our community need? What can you offer?

In May we will host our annual "community conversation". Everyone is welcome. If we receive approval for a pending funding proposal, this will be the launch of a series of conversations to be held throughout the area over the next year. As always we will be looking to partner with other local non-profits, residents associations, and community based groups to be sure that we capture all sections of the population.

We are working with Active Halifax Communities to connect with our local youth population to be sure that their dreams and voices are included in the community plan. We shall be looking for ways to engage young people with a view to creating a youth advocacy group in partnership with HRM Community recreation.

To find out more about our community conversations and ways for you to get involved please visit www.prospectcommunities.com, like us on Facebook, or join us on Twitter (@ProspectAndArea).

Late in 2012 the ROC Board received some funding from the Provincial Government's Community Vitality fund for Board professional development. This work is to be facilitated in February by Alan Sloan, who will lead the Board and community members through a process that gives us focus to move forward with our community plan.

It is important that volunteer organizations build capacity and become sustainable through recruitment of the next generation

of volunteers. Every organization needs a certain amount of structure, a clear vision and a passionate group of people who will offer their time and talents to work toward a common goal. The task before the present Board is to connect with residents in order to identify gaps and opportunities that will enhance community life by better utilizing the resources we have, and then ensuring that the findings are documented in the community plan for the future.

The current Board of Directors has done an enormous amount of ground work in areas such as Finance and Human Resource management, programming and evaluations, marketing and communications and partnership development. We need to have a steady supply of new Board members each year, with an overlap between terms of office that allows for longer serving members to pass on the knowledge, or the organization's story, to fresh and eager newcomers.

While there are no special requirements needed to become an active Board member, we have found it very useful for anyone considering joining the Board that they first think about joining one of our many subcommittees. The time requirement for sub-committee work is less than that of a Board member, and it allows a newcomer to focus on a particular area of interest or skills. See below for list of subcommittees or feel free to contact me at barb@prospectcommunities.com

The ROC's next Annual General Meeting will be held in June 2013. If you or someone you know is interested in serving on the Board of Directors we encourage you to contact Delisca Norris, General Manager of the PRCC, at Delisca@prospectcommunities.com or by phone at 852-5491.



The ROC, its vision, mission, goals & values

The Resource Opportunities Centre (ROC) is a volunteer led community development association serving Prospect Road and area communities.

The Prospect Road Community Centre, the Terence Bay & Area C@P Site and www.prospectcommunities.com are all under the management of the ROC Board.

Our Vision

A welcoming, innovative, and thriving community.

Mission

The ROC is a community-based organization dedicated to sustainability and community development through the delivery of diverse recreational, educational, cultural, social, and technology-related opportunities.

Goals:

- » Community development
- » Sustainability
- » Communication
- » Education
- » Creating recreational opportunities
- » Creating cultural opportunities
- » Creating social opportunities
- » Creating technology-related opportunities

Values:

- » Accountability
- » Sustainability
- » Partnerships
- » Sharing information freely
- » Community Identity
- » Quality of life



The ROC's Board - 2012 - 2013	ROC Sub-Committees
Barb Allen - Chair	Executive
Rhonda Dea - Vice Chair	Special Events
Amy Hockin - Treasurer	Finance
Victoria Horne - Secretary	
Kelly Carlton	Outdoor Recreation
Tom Lavers	Facility
Judith Kemp	
Cara Lynn Garvock	Marketing & Communication
Pratima Devichand	Governance
Liz Amyooney	Human Resources
Lisa MacKay	OH&S

Correction Notice

In the August issue we profiled "Everything's Connected: Prospect Wellness Centre". The article erroneously suggested that the business was a continuation of Brookside Massage Therapy, under new ownership, when in fact, there is no relationship at all between the original massage therapy service and this new one. We apologize for the confusion and send best wishes to Marsha Ball.

Prospect Road Seniors' Network Update



Seniors living from Goodwood to East Dover have a number of opportunities to come together for good fun and activities.

On Mondays, a lively group meets at the Whites Lake Legion from 1:00 – 3:00pm. This is a relatively small group of seniors and they usually play cards, shoot darts and even have pool tables at their disposal. Should you need a little incentive with your resolutions for the New Year, they have an exercise class from 12:15 until 1. As with almost all gatherings in the area, there is a wee nosh (food) which helps to get the conversations started. Birthdays and holidays are acknowledged and celebrated. If you are interested in joining, drop in or call Dorcas @ 852-2306 for more details.

If Wednesdays are your preference, you're encouraged to come along to the Whites Lake Legion between 1:00 and 3:00pm where you'll find another group playing games, cards, and enjoying darts each week. All are welcome to drop in for tea or coffee – who knows, you just might have a great time! Last year, this group delighted in a number of excursions, including an Annual BBQ at the S.S. Atlantic Heritage Site in Terence Bay, a bus trip along the Cabot Trail, a Halloween Party and of course, a Christmas celebration. Upcoming events include a Bingo on March 24th, and a Saint Paddy's Day Shindig complete with music and Irish stew. For more information please call Judith Kemp at 852-3310 or



Chair: Shirley Little - 852-2481.

The Prospect Road Community Centre hosts a number of activities specifically designed for seniors, including Washer Toss every second Thursday from 1:00 – 3:00 (\$3 drop in fee), Older Adult Fitness, and indoor Walking Club (please call the Front Desk at 852-2711 for information on dates and times).



PROVIDE FEEDBACK PROGRAM SURVEYS



We Need Your Feedback!

Visit www.centre.prospectcommunities.com/surveys

Your responses will help the PRCC work towards achieving our vision and goals.



What's Cooking at the PRCC?



Dawn Langille

Hey There!

It's been almost a year since taking on the role of Kitchen Manager at the Prospect Road Community Centre. As Kitchen Manager I support the PRCC staff in any endeavors regarding the kitchen space; from maintaining the safety &

organization of the space, to fielding questions regarding rentals, to developing potential opportunities.

The staff has been incredibly supportive of the new position - we've made some great changes and I look forward to working more with the PRCC and ROC staff on exciting initiatives in the months and years to come.

This past January we held *"For the Love of Chocolate,"* a course in working with fine chocolate including truffle making and decorations.

It was a ton of fun; we all learned a lot and had some great laughs. The participants discovered the skill and patience required to work with high quality chocolate, and it reminded me to appreciate the time it takes to learn and hone a new skill.

Keep your eyes peeled for more cooking classes coming soon – requests have been coming in for Bread, Pastry, and Pasta sessions, my favorites! Send in your suggestions to learn more about your favorite foods and rediscover how much fun the kitchen can be.

Plans are in the works for a Youth Cooking Club - I'm extremely excited! We will meet regularly at the PRCC to discover all the joys of food, healthy living, and of course cooking! Stay tuned for more info, and contact me at the email address below if you are interested.

I would love to hear about possible opportunities you foresee for the space; including rentals, special events, and ideas for culinary classes or clubs. I am more than happy to answer any culinary related questions that you have – even if they are unrelated to the PRCC.

Contact me at kitchen@prospectcommunities.com
Check out the prospectcommunities.com and centre.prospectcommunities.com sites for exciting news about the Kitchen and special events at the PRCC.

Happy Cooking!

*"I am so happy that we have this facility in our area and don't have to travel to Halifax to exercise classes. Lots of variety."
-Program Participant*

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admin@prospectcommunities.com

See Page 11 for Rates

Sweet Beginnings - Patrice Burke

Rita Mae Schwartz



Patrice Burke

As a resident of Shad Bay it has been my great pleasure to watch my neighbours' families flourish and grow. As a community we were all extremely proud of NSCC student Patrice Burke this past November when she won the Gold medal for Canada in international Pastry Arts at WorldSkills Americas 2012 in Sao Paulo, Brazil.

As a child of two designers, Patrice has grown up with a keen understanding of art, craft, and design, and an appreciation for

the hard work and integrity required to build a successful family business. She has also been afforded the opportunity to attend university, where her study of sculpture and fine art refined her artistic techniques, and taught her invaluable life skills along the way.

Patrice feels fortunate to count two great mentors in her corner. Her sculpture instructor, Anna Sprague, has given her direction, feedback, and shown her the value of honest critique, and Chef Jean-Luc Doridam, who has given Patrice an amazing foundation to begin her career in the culinary world.

In April 2012, Patrice had the privilege of representing Nova

Scotia at the National Skills Competition in Edmonton, Alberta. This competition was a revelation in self-discovery for Patrice as she learned so much about her own abilities, about multitasking, and about doing her best despite challenging parameters. She learned a lot from some amazing competitors (with many more years of training), and she gave 110% to proudly bring home the Silver Medal for Nova Scotia.

Patrice didn't hesitate to answer the call when opportunity knocked a second time – she was asked to represent her country at WorldSkills Americas 2012 in Sao Paulo, Brazil. With only two weeks of self-guided training and practice, Patrice ventured into the arena of international culinary competition. She worked her hardest, remained calm throughout the chaos of the four day event, and it paid off. She earned the Gold Medal for Canada!

Patrice is thrilled to take her first steps into the professional culinary world after a whirlwind introduction to the pastry arts, but she doesn't want to stop there. Brazil was a personal best for Patrice, but mastery of her craft is a long way off! She is eager to learn new techniques and the knowledge that can only be found through mentorship and experience.

On behalf of residents of Shad Bay and the Prospect Communities we would like to congratulate Patrice and her family and wish her all the very best as she continues on with her goal of becoming a creative Pastry Chef.

To learn more about Patrice's culinary achievements or see some of her spectacular sweet creations visit <http://theburkes.wix.com/patricerie>

Crafters and Artisans look forward to 4th Annual Prospect Road Crafters' Market October 2013

Thanks to the whole community, the Crafters' Market had another successful event last Fall. A variety of artisans from the Prospect Area and beyond showed off their talents, from jewelry to woodworking, sweets, photography and so much more.

In addition to all of the delightful handmade goodies, there was fun for the whole family; complimentary face painting, live music provided by the Prospect Jammers, BBQ provided by the local Lions Club, and St. Timothy's Ladies Auxiliary delicious annual luncheon.

We sincerely appreciate the support you have shown through the years, especially through our transition from the Craft Crawl to the Market. A special thank you to the ROC and PRCC for their efforts – you make it all possible!

Planning will soon be underway to make this year's Market a terrific day. We're always looking for great people to join in the behind the scenes details – there are perks to being an Organizing Member! For more info, contact craftersmarket@prospectcommunities.com

Looking forward to another great event this Fall – see you in October!



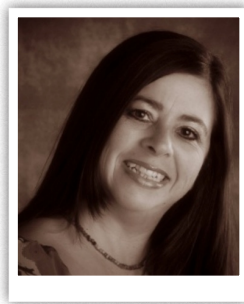
Illustration by: Susan Waringer

Prospect Road & Area Recreation Association News

Kelly Carlton (Chair PRAA)

Supporting Youth Recreation In Our Community

Celebrating youth accomplishments has been a focus of the Prospect Road Recreation Association working along with PRCC and HRM.



Many youth groups and individuals have applied to our **Youth Grant Fund** as an assisted support in achieving their personal or group goal. We have had the privilege of supporting the Nova Scotia Boys Lacrosse team play in the National Championship in Ontario; a player from the Girls NS Provincial Bantam Lacrosse team; a Provincial female soccer player attend the Umbro Top Rated Invitational Soccer College Showcase Tournament; and an U18 Men's Tiger volleyball player attend National Championships in Toronto.

We have continued to support the **Guiding and Scouting movements** in our community with their many accomplishments ranging from National events to cabin rebuilds. We have helped in the fundraising efforts of **Minor Baseball and Youth Basketball** for much needed new gear and uniforms.

This past year we worked with HRM and Community to support the rebuild of the Prospect Road Elementary School **Field Track**, as there was no track in the community that met minimum standards for track practice.

The Rec Association again this past year supported Prospect Road and Atlantic Memorial Elementary Schools to attend **Bayside Camp** which not only tests the Grade 5 students' physical abilities while they have an amazing time, the students build relationships that carry them on to Junior High.

And finally, an application was made by PRCC Program Coordinator, Jessica Morrissey, to help fund a **"Youth Sport Drop In"** FREE to Junior-High-Age Youth, who are looking to be part of supervised youth sports at the Prospect Road Community Centre. Along with other support the students can now attend this supervised program 5 days a week, with a healthy canteen program initiated to help subsidize the program costs. From 2:15 to 3:15 each day students can be part of a physical program, or program designed by the youth – for example, snowshoeing! Should you be a company or have a personal interest to support "Youth Sport", please contact Jessica@prospectcommunities.com and she will point you in the right direction.

Congratulations to all the Youth groups who continue to work hard physically to stay fit and be part of teams and groups that grow lasting relationships!

Please check prospectcommunities.com for the 2013 PRRA Grant Application. Also as a reminder for the upcoming Spring sports season: should you have an immediate field safety concern please call HRM at 490-4000 to report any dangers. Finally, if you would like to receive emails on upcoming Rec Meetings as we begin our new grant season please email me at Kelly@prospectcommunities.com.



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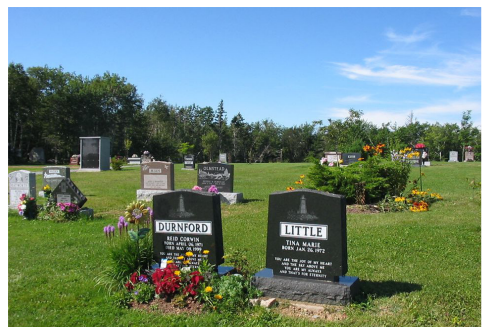
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Sunrise Park Inter-Faith Cemetery

1-902-852-4944 | 2025 Prospect Road, Hatchet Lake NS, B3T-1R9



Just 10 Minutes from Halifax. Professional dignity and personal respect. Top of a hill, rolling plateau on dry ground with a beautiful Lakeview of Hatchet Lake. Flowers permitted, surrounded by trees, a place of quiet and solitude that brings peace to the mind and soul. Nature trails are located around the perimeter of the Cemetery, and benches are provided, leading to a 15 minute walk to Nichols Lake and Stillwater Lake .

We encourage the public to make use of Sunrise Park Cemetery and those access points. Many families have donated bird houses to be placed at intervals around the cemetery and do feel free to contribute a bird house or feed the birds, just call 852-4944 to drop of your bird house in remembrance of a friend or loved one. We encourage people to do pre-planning and purchasing because when the need arises it is a very difficult process to make good decisions which are economically sound.

THIS IS WHAT SUNRISE PARK INTER-FAITH CEMETERY HAS FOR YOU

- Traditional burial plots
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Father Gerald David from the Roman Catholic Church in Hatchet Lake said, "Even in our suffering we are ministered to, and that Sunrise Park Inter-Faith Cemetery is a place of hope. This is especially true in such a beautiful setting as this, surrounded by nature, well kept grounds and majestic skyline. We are people of hope and resurrection and the Cemetery should not be a place to be avoided but rather a place of solace and comfort. "Revenue Lisa Vaughn from the St. Timothys church said at her last funeral" that Sunrise Park Cemetery is such a beautiful spot on the hill and gives comfort and peace to the soul .

Visit the Cemetery and feel the quite healing of spirit, stop awhile and watch the sunset or sunrise from the top of the Cemetery hill, you may see a Deer or Fox go by. Come and visit us today. Do your shopping and come back to us because we are very competitive, you will be glad you did. Choose your burial plot and Bronze or Granite Monument today. Trust us by buying today you will save tomorrow. 1-902-852-4944 or Email: wayne2025@eastlink.ca



This is a paid submission

An Update from Councillor Stephen Adams



The past few months have seen some interesting changes in communities along and around Prospect Road. More changes are planned for the coming months.

The most significant change has been with regard to the intersection at St. Margaret's Bay Road and Prospect Road. The left turn lane onto Prospect Road and the addition of a left turn lane on Prospect Road have helped traffic flow immensely. As well, the lights at Ragged Lake Boulevard will be removed this year once the bus access ramp from Highway 103 is completed.

On November 19th, a Meet and Greet was held at the Prospect Road Community Centre to answer questions regarding issues that affect you and your community. Our staff compiled these questions which have been posted, along with the answers, on my webpage. This can be found at <http://www.halifax.ca/councillors/district11/news.html>. To protect privacy, we will not publish names of those asking questions nor any other information that may identify residents. We will schedule at least one more similar meeting in 2013.

By the time you have read this article, we will have held our first meeting of the Prospect Road Business Commission. There are many businesses in and around Prospect Road. This Commission will help to raise their profile and will bring a united voice when dealing with their concerns. These types of organizations have been successful

throughout HRM.

You will be surprised at the number of business that exists in and around your communities. The issue regarding signage along Prospect Road has been delayed but will come back to Council within a month or so.

Any questions or concerns you may have in regard to snow removal in and around the Prospect Road area, can be directed to the 450-5281 provincial Department of Transportation and Infrastructure Renewal, Beechville base office. This number is manned 24/7 during the seventeen (17) weeks of winter.

I am very excited about what we can do in the future to bring added amenities to Prospect Road. Playgrounds, parks and green spaces are only the beginning. Please let me know what you would like to see and what is important to you.

Contact Information:

Councillor Stephen Adams
PO Box 1749
Halifax, NS B3J 3A5

Work Phone Numbers:
Office: 902 477 0627
Cell Phone: 902 497 8818
Email: adamss@halifax.ca



Clean Up, Clean Out!

Peter Jollimore

876-4363
jollimp@halifax.ca



Time for a reminder to everyone that the Prospect Road Community Clean Up is coming back this May. The cleanup will be May 4th, which is shortly after Earth Day.

Community Clean Up

Areas organized and covered each year usually include Terence Bay area, Brookside area, McDonald Lake area, Bayview, Sandstone, Prospect area, and the East Dover area. If you live in an area not listed but would like to be included please contact us. As well The Prospect Road Lions Club, Citizen's on Patrol and the local Scout troop will be cleaning from the start of the Prospect Road into Goodwood and are willing to have volunteers help them with that long stretch of road even if you are not available for the entire time.

Rubber gloves and garbage bags are provided

by Clean Nova Scotia and TIR. These can be distributed to groups or individuals ahead of time. Sharps containers and recycle bags are also available.

If you are interested in helping to organize in your community the start time for your group is entirely up to you but most groups start at 9am. If you are looking for a place to clean just let us know. Feel free to share this message with those that you know. I can be reached at jollimp@halifax.ca to assist you in planning action in your community.

As we did last year we are able to have the midday clean up community BBQ at the Prospect Road Community Centre. The BBQ will begin at noon and run for about an hour. A couple of groups have offered to help with this part, thank you to them. A final note on the pick up of the garbage. TIR (formerly Dept of Highways and DOT) will be removing the trash after the cleanup but they need to know where it is located. Please remember to let us know where the piles are so I can share the locations with TIR.

Community Yard Sale

The Brookside Community Homeowners

Association is continuing the theme of clean up the following weekend. Instead of the parks and ditches they are holding a community yard sale at the Prospect Road Community Centre on May 11th for those still looking to clean their closets and garages. For more information on the yard sale contact Valerie at vhm001@yahoo.com. Thanks for your continued support of your community.



Advertising Rates:

- » Business Card \$50
- » Quarter Page \$70
- » Banner \$80
- » Sky Scraper \$85
- » Half-Page \$90
- » Full-Page \$165
- » Two Page \$295

Digital Screens (PRCC)

- » 3 Months - \$50
- » 6 Months - \$90
- » 12 Months - \$162

* Prices do not include HST



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Improving Your PRCC

Pratima Devichand

Together we can make Prospect Road Community Centre better!

This article is a follow-up to the one that was published in the Summer 2012 issue of the Prospective. The PRCC Staff and the ROC Board are engaged in an ongoing cycle of continuous improvement. Your feedback, through these surveys and elsewhere, is critical to that process.

With the conclusion of the Fall programs, another round of program evaluation surveys were made available and the results are now in.

Survey design and accessibility were the main differences between the Spring 2012 and Fall 2012 surveys. We again asked you to evaluate your experience of instructors and quality of instruction, programs, registration, marketing and the facility itself.

On December 12, 2012 the survey was rolled out online using Survey Monkey. In addition, paper copies were also available at the Centre. In total, we received 91 completed surveys which translated to a response rate of 20% (if you didn't receive a link to the survey by email, please call the Centre to confirm we have your current email address).

The feedback varied for each program as expected and the PRCC staff began making improvements right away. The first round of changes included purchasing more equipment, changing drop-in policies and creating sufficient seating for parents as they wait for children.

Overall the adult fitness programs were well organized and participants really enjoyed the challenging and varied workouts. Some points to work on were identified for the children's programs, and staff have already taken steps toward improvements.

The surveys continue to underscore the desire for online registration, and while this may yet be a long way off, we continue to investigate how we can integrate our internal customized registration system with a secure shopping cart all within the confines of a limited budget. We ask you for your patience, and please stay tuned!

We received suggestions for 34 new programs or new time offerings for current programs. PRCC staff are reviewing suggestions and identifying potential instructors and time offerings where possible.

The Winter 2013 Survey will be modified slightly, to make more room for comments, as we found that the comments were the most

"Classes are always lively and fun! I always leave in a good mood!"

useful part of the last survey. Look out for the new Survey on the PRCC website and at the Centre. We welcome your feedback so that where we are able to, we can make changes to meet your requirements and expectations. You can also always provide feedback directly to Delisca Norris, PRCC General Manager, at delisca@prospectcommunities.com, and/or to Jessica Morrissey, Programs Coordinator, at jessica@prospectcommunities.com.

As tax time comes up, don't forget to contact the PRCC for your receipt to include with your taxes!

Visit www.centre.prospectcommunities.com/surveys



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Community Leaders Recognized

**From the Office
of the Honourable
Geoff Regan
P.C. Member of
Parliament for
Halifax West**



Thank you to the many volunteers whose hard work helps our community to thrive! I recently had the opportunity to present the Queen Elizabeth II Diamond Jubilee Medal to 30 people in Halifax West who have made outstanding contributions to our community and our country, four of whom are from the Prospect area.

Cassidy Megan McCarthy was the youngest person in the community to receive the Diamond Jubilee Medal. In 2008, Ms. McCarthy founded Purple Day to help create awareness about Epilepsy. At the time, she was nine years old. The Purple Day Act was passed unanimously by Parliament last year

and March 26 is now officially recognized as Purple Day in Canada. It is also celebrated in more than 60 countries around the world. Ms. McCarthy has become an international spokesperson and advocate for people with Epilepsy.

Franklin Johnston is a paramedic and long-time community volunteer. He has gone above and beyond his duties to become a mentor to his colleagues, patient advocate and health care educator. Through his volunteer work, he has effectively helped change local zoning laws to ensure sustainable development in the community. He is a member of the Lions Club, Citizens on Patrol, Prospect Road Organization for a Better Environment and a minor league sports coach.

Hubert (Nick) Ryan, CD served in the Canadian Forces during the Korean War and received numerous decorations for his service. Since retiring from the Canadian

Forces, Mr. Ryan has continued to be an advocate for veterans. He is a Life Member of the Korea Veterans Association, the Royal Canadian Legion and the Prospect Lions Club.

Finally, anyone who is involved with the Prospect Road Community Center (PRCC) already knows about the amazing work Barb Allen does in the region. Ms. Allen is chair of the ROC Board of Directors and was instrumental in establishing the recreation facility for this area. She is also an advocate for public Internet access and digital technology training. She has helped many individuals and local businesses learn how to use the power of the Internet to open new opportunities through the Resource Opportunities Centre.

Congratulations to all of the recipients of the Diamond Jubilee Medal!



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KATHRYN HERBERT
Financial Management Consultant

902.221.4822 ✉ info@kathrynherbert.com ✉ www.kathrynherbert.com

"Tot Time was a great experience for my twins. It helped them learn to socialize with others and start to follow a routine based program that has helped to get them ready for school"



"The Community Centre has become an essential part of many local lives. Thanks to those who made it happen and to those who continue to make it happen"



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Area Scouts headed for Canadian Jamboree in Alberta this July

22 Scouts and leaders from the 2nd Hatchet Lake/1st Shad Bay Scout troop are headed to Sylvan Lake, Alberta, from July 6-13 for Canadian Jamboree '13. As a result, the Scouts are busy fundraising.

You may have already seen them out with bottle drives, selling peeler cards, having auctions, 50/50 draws and other fund raising activities. As of the end of January, our busy Scouts have raised approximately 50% of the required funds, but there's plenty more needed. Between now and July, we're planning more bottle drives, grocery bagging, road-side cleanup, a Corporate Scout Truck Rally and a BIG golf tournament in June.

Major events like a Canadian Jamboree are once-in-a-life time experience for a Scout, as they only take place every 3-4 years. They provide an opportunity for our Scouts to experience how special Scouting is. CJ'13 will bring youth, leaders and volunteers from across the country and from around the world together for the ultimate Scouting experience. Scouts will share friendship and adventure while experiencing personal development that only a jamboree experience can bring.

Many of our youth would not be able to attend this event without fundraising efforts as the trip to Alberta would be cost-prohibitive. If you can help our youth with fund raising activities or donations, please contact Scott Murphy at murphsco@gmail.com or 880-3437.



Commemorative Art Piece - Your Opportunity to Leave a Legacy

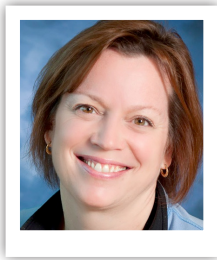


Photo by:
Marsha Robinson-Bourque

Melanie J Joudrey **Administrative Manager, PRCC**

For those of you who have not yet had the pleasure of seeing the beautiful Commemorative Art Piece located within the Prospect Road Community Centre, I personally invite you and your loved ones to view this amazing 1,200 lb forged iron sculpture.

The artist is one of our own, John Little. John has lived in East Dover for 43 years and for him, creating this sculpture is a way of expressing gratitude and saying thank you to his community. He feels deeply honoured by the way the community welcomed him when he first arrived, and accepted him and his family "like we belonged here forever." John conceptualized the sculpture around

the theme of community, and designed it to represent a group of stylized figures reaching up, the tallest standing 10 feet.

At the base of the sculpture lie 200 metal name plates, symbolizing community ownership and generosity. These name plates form a latticework that floats six inches above the sculpture's base and with your donation, one of them can be your "Personal" or "Business" opportunity to make a lasting contribution.

The gift amount is three-tiered: \$100, \$500 and \$1,000. How you personalize your plate is up to you. Some examples would be in the name of an individual or couple, a family, In Loving Memory of, or perhaps there is



another option you have in mind – maybe a sports team or a person who has made a positive impact in your life. All we require is the exact wording of your inscription and your donation. The ordering and placement will be looked after by us!

Remember you are leaving a lasting contribution and at the same time displaying your community ownership and generosity.

I look forward to speaking with you so please feel free to contact me at any time by email at admin@prospectcommunities.com or by telephone at 902-852-2711.

HALIFAX REGIONAL MUNICIPALITY



Councillor Stephen Adams
District 11
Spryfield – Sambro Loop –
Prospect Road

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Halifax, NS B3J 3A5
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Village Green Recreation Society / East Dover Hall News

Kristen Dick

For those who aren't aware, in February 2012, the Village Green Recreation Society purchased the old church hall in East Dover (15 Leary's Cove Road). Thanks to the Prospect Road tax area rate fund, renovations have been undertaken with a new metal roof installed in June and a heat pump system installed in October 2012. The Hall will soon have new windows to keep those cold winter winds out and other renovations will continue, including improvements to the water system.

Some of the events happening regularly at the East Dover Hall include card games (45's which are held every Monday night starting at 7:00), a lending library (which runs the second and fourth Monday of every month from 4:30 - 6:30 - lots of great reads and DVD's), and there's a group that meets to do the rosary on Mondays from 4:00 - 4:30 (for the winter months). The Hall also hosted a Flea Market in November, a movie night over the Christmas holiday (with more movie nights to come), a Christmas social for kids in the afternoon and adults in the evening, and the Prospect Jammers played to a very appreciative crowd in January of this year.

With almost a year under our belts, we want to say a big thank you to all Village Green Recreation Society committee members for all their work, to all those who have helped out in various capacities at the events, and to the community who have participated and shown support for the Hall.

If anyone would like to be added to the Village Green Recreation Society e-mail distribution list with updates on events happening at the Hall and Village Green, please e-mail eastdovervillagegreen@gmail.com. Stay tuned for information on another movie night, Park Day at the Village Green, and in July the Hall will host a group of artists for the Peggy's Cove Area Art Festival Studio Tour. Also please e-mail if you'd like to be involved. We are always looking for people who are able and interested in sharing their expertise, helping out and coordinating events.

Looking forward to another fantastic year!!!!

Karate at the Prospect Road Community Centre

Sensei Thomas Trappenberg

Karate is an old, yet modern, martial art from the Ryukyu Islands, which is today the province of Okinawa in Japan. The club at the PRCC is part of the Halifax chapter of the International Shotokan Karate Federation (ISKF). We have now an active group of around 20 people from 7 years old and up practicing twice a week at the PRCC.

Our Karate style is often called Shotokan in honour of Master Gishin Funakoshi. Master Funakoshi was a school teacher from Okinawa who, at the beginning of the 19th century, helped to include Karate into the Okinawan school curriculum and then brought it to mainland Japan. Karate is now again included in the Okinawan school curriculum as it is generally recognized as very positive for the development of kids.

I have been practicing this style for over 30 years in Germany, Japan, England, and Canada, and we have several students with black belt ranks helping with the instructions. Our aim is to get fit, strengthen our bodies and work with each other in a non-combative way. We practice our techniques on our own and sometimes with partners but always to learn the proper way. Respect for ourselves and each other is most important to us.

The style is good for people of all ages as we develop flexibility, coordination, balance, self-discipline, concentration and self-confidence through our practice. You do not need any prior experience with martial arts. New people are always welcome. Come to have a look, or even better, bring some gym pants and join us. **We practice Wednesdays and Fridays at 6:30.**



Please contact me by [email tt@cs.dal.ca](mailto:tt@cs.dal.ca) or phone 850-2160 with questions.

Sensei Thomas Trappenberg
Yondan (4th degree black belt)



**Registration Begins for all
Spring Programs
Wednesday, March 20th at 9am.
Register by phone or simply stop by!**

Registration will not be taken via voicemail

Fitness Centre Information

Prices Effective April 1st 2013

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$33.00	\$85.00	\$143.00 \$25/mth	\$209.00 \$20/mth	\$26.00	\$43.00
Adult 19+	\$43.00	\$112.00	\$189.00 \$35/mth	\$281.00 \$25/mth	\$33.00	\$56.00
Senior 55+	\$33.00	\$85.00	\$143.00 \$25/mth	\$209.00 \$20/mth	\$26.00	\$43.00
Partners (2 adults, same address)	\$71.00	\$184.00	\$309.00 \$60/mth	\$449.00 \$45/mth		
Family (2 adults/ 3 youth)		\$311.00	\$408.00 \$75/mth	\$525.00 \$50/mth		

Birthday Party Options

Type of Party	With/Without Staff	Cost
Sports	With Staff	\$95.00
Sports	Without Staff	\$80.00
Girls - Nails/Lip gloss	With Staff	\$135.00
Craft	With Staff + Supplies	\$135.00
Baking	With Staff + Supplies	\$135.00
Dance	With Staff	\$135.00

****Bounce Inflatable Party Packages
also available. See website for details!**

Fitness Centre Special

Save 25% on 1 Spring Program for yourself or a family member with the purchase of a 1 year fitness membership.

Offer expires March 31st 2013



Spring Registration Special

**Register for 3 or more
Monday – Friday
Daytime Fitness Classes
and receive the 3rd or
more at 20% off.**

Offer valid per person

Prospect Road Community Centre – Spring Programming 2013

Soccer - See website for new program description

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-4yrs	Monday	6-6:45pm	10	\$40	April 8	May 20
5-6yrs	Friday	5:45-6:30pm	10	\$44	April 12	
7-8yrs	Monday	6:45-7:30pm	10	\$44	April 8	May 20

Basketball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Senior Men (40 +)	Thursday	7:30-9pm	12	\$67	April 11	

Floor Hockey

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7 yrs	Thursday	5:45-6:30pm	10	\$44	April 11	
8-11 yrs	Thursday	6:30-7:30pm	10	\$44	April 11	
Men's	Tuesday	8:30-10pm	12	\$67	April 9	
	Thursday	9-10pm	12	\$45	April 11	

Badminton

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Gr. 6-9	Monday	7:30-8:30pm	10	\$37	April 8	May 20
Adult	Monday	8:30-10pm	11	\$67	April 8	May 20

Dance Classes – See website for new program descriptions

<u>Class Title</u>	<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Ballet & Jazz	3-5 yrs	Wednesday	5:30-6:15pm	10	\$40	April 10	
Ballet	4-6 yrs	Wednesday	6:15-7pm	10	\$40	April 10	
Jazz & HipHop	6-9 yrs	Wednesday	7-8pm	10	\$44	April 10	
Hip Hop	10-13 yrs	Wednesday	8-9pm	10	\$44	April 10	

Intro to Baseball – Partnered with Prospect Road Communities Minor Baseball Association

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
9-12 yrs	Wednesday	6-7pm	8	\$25	April 3	
5-8 yrs	Sunday	11:30-12:30pm	8	\$25	April 7	

Volleyball - *NEW*

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Teen (14yrs+) & Adult	Wednesday	7-8:30pm	12	\$71	April 10	

For further details visit: www.centre.prospectcommunities.com

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Exciting new rewards program coming soon!

Prospect Road Community Centre – Spring Programming 2013

Fitness Classes

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Cardio/Strengthening	Monday	11am-12pm	11	\$51	April 8	May 20
Lower Body Bootcamp	Monday	7-7:30pm	10	\$22	April 8	May 20
	Thursday	8-8:30pm	10	\$22	April 11	
Abs Bootcamp	Monday	7:30-8pm	10	\$22	April 8	May 20
	Thursday	8:30-9pm	10	\$22	April 11	
Stability Ball Training	Monday	8-8:30pm	10	\$29	April 8	May 20
	Thursday	9-9:30pm	10	\$29	April 11	
Bootcamp w/ Charity	Monday	6:30-7:30pm	11	\$82	April 8	May 20
All-In-One Fitness	Tuesday	6-7pm	12	\$56	April 9	
Early Morning Bootcamp *NEW*	Tuesday	6-6:45am	10	\$35	April 9	
	Friday	6-6:45pm	10	\$35	April 12	
Zumba	Tuesday	7-8pm	12	\$71	April 9	
	Thursday	7-8pm	10	\$60	April 11	04/18 & 05/23
Older Adult Fitness	Wednesday	12-1pm	12	\$40	April 10	
	Friday	10-11am	12	\$40	April 12	
Cardio Blast *NEW*	Thursday	5:15-6pm	12	\$42	April 11	
Cardio Kickbox	Thursday	6-7pm	12	\$71	April 11	
Weekend Bootcamp	Saturday	9-10am	11	\$51	April 20	

Yogalates

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Wednesday	1-2pm	12	\$71	April 10	

Yoga

<u>Age Group/Type</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult/Hatha	Monday	12-1pm	11	\$65	April 8	May 20
Adult/Iyengar	Monday	7:30-8:30pm	11	\$65	April 8	May 20
Adult/Iyengar	Thursday	8-9pm	10	\$60	April 11	04/18 & 05/23
Adult/Hatha	Friday	11am-12pm	12	\$71	April 12	

Yogafit

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Saturday	10-11am	11	\$65	April 20	

** See Page 27 for new drop-in fee's for all Fitness and Yoga Classes **

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Spring Programming 2013

Belly Dance

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Adult	Tuesday	8-9pm	8	\$59	April 9	

Line Dancing - *NEW*

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Senior (50+)	Thursday	10am-12pm	10	\$55	April 4	May 16, May 23

Fiddle Lessons – Beginner to Advanced Beginner – See website for program description.

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
14 yrs +	Tuesday	7-8pm	10	\$65	April 9	

Landscape Painting – *NEW* - See website for program description and supply list.

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Adult	Monday	9:30-12:30pm	6	\$72	April 8	
	Tuesday	6:30-9:30pm	6	\$72	April 9	

**Specialty Programs at PRCC **

Mom and Me – Fitness Program for Mom + Baby!!

Post natal workout designed for new moms.

Relaxed atmosphere with other new moms gives you the social outlet and workout you need after having your baby. Go at your own pace workout, tend to your baby when needed and nutrition chats to help make you feel like you again!



Best age for baby – 6 weeks to just before crawling.
Mom, please have your 6 week check-up clear before registering.

Tuesdays – 10-11am – Starting April 9th 2013
8 weeks @ \$80



Lose It – Weight Loss Program – Lose 20lbs before Summer!!

PRCC, along with Dynamite Personal Fitness Instructor, Charity Kaizer, are happy to announce we will be offering a great weight loss program to kick start your New Year weight loss goals!!

Each participant gets 10 weeks of supervised weight loss workouts from instructor Charity Kaizer. Weigh in, measurements and body fat % assessed at beginning, middle and end of course to track results. Ongoing support from Charity via email and at each meeting. Each participant gets t-shirt and log book. Throughout the course there is at least 2 dietician visits.

Fridays – 1-2:15pm – Starting April 19th 2013
10 weeks

****Special Price – Register on March 20th 2013, receive program for \$200**

****Register after March 20th 2013, program returns to normal price - \$250**

Holiday Hours

March 29, March 31, May 20, July 1st and August 5th
PRCC will be closed due to holidays.





Open 9-5pm – April 1st

Regular Hours / Contact Information

Monday-Friday – 8:30-10pm
Saturday and Sunday – 8am – 9pm
Front Desk – 852-2711
Email: admin@prospectcommunities.com

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Spring Programming 2013

<p style="text-align: center;">Tot Time – Terence Bay Elementary</p> <p>This program is for children age 3-5 years old – must be fully potty trained and will run for 10 weeks starting April 2nd/3rd.</p> <p style="text-align: center;"><u>Tuesday or Wednesday – 9:30-11:30am</u> <u>Fee: \$60</u></p> <p style="text-align: center;">Participants must register at PRCC</p>	<p style="text-align: center;">Senior Washer Toss Social</p> <p>Come out and play indoor washer toss! Play in tournaments or just for fun. Coffee, Tea and Refreshments Available! Spectators Welcome!</p> <p style="text-align: center;"><u>Spring Washer Toss Dates:</u> March 14 and 28 April 11 and 25 May 9 and 23 June 6 and 20 1-3pm \$3 per participant!</p> 
 <p style="text-align: center;">Youth Sport Drop In</p> <p>BJHS students are invited to join us for Youth Sport Drop In 5 days a week for FREE!</p> <p style="text-align: center;">Monday-Friday 2:15-3:15pm</p> 	<p style="text-align: center;">In-service Day Camps @ PRCC</p> <p style="text-align: center;"><u>Full Day Camps – 7am-6pm</u> <u>Fee: \$28 per day</u> Mar 22, May 17, June 27</p> <p style="text-align: center;"><u>Half Day Camps – 11:30am-6pm</u> <u>Fee: \$18.50 per day</u> May 1</p> <p>These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.</p>
<p style="text-align: center;">SNAG for Seniors (50 yrs +)</p> <p>This introductory indoor golf program is designed for beginners and novice golfers looking to pick up the sport or work on their game. Lead by PGA of Canada Golf Pro Andrew Noseworthy, and using the SNAG® Golf program, learn the beautiful game using indoor equipment and simplified instruction to make it fun and easy. All equipment is provided; you'll only need a pair of comfy gym shoes!</p> <p>4 weeks of program</p> <p><u>Time: 1-2pm</u></p> <p><u>Dates: Thursday's</u> April 4, 18 May 2, 16</p> <p><u>Fee: \$33</u></p> 	<p style="text-align: center;">March Break Day Camp Theme: Random Theme Week!</p> <p>These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; margin-right: 20px;"> <p>See Website for Full Theme Details!</p> </div> <div> <p>Date: March 11-15th 2013 8:30am-5pm</p> <p>Cost: \$105 for the week \$15 for 7-8:30am (Early Drop off) \$10 for 7:30-8:30am (Early Drop off) \$10 for 5-6pm (Late Pick up)</p> </div> </div>

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Spring Programming 2013

3rd Annual Easter Egg Hunt

Join us Sunday, March 24th for an outdoor property wide Easter egg hunt and bounce inflatable event!!

Time: 12pm SHARP!

\$5.00 per child

**Price includes a bag for collecting!

** This will be a rain or shine event.



Alternate plans will be made in the event of rain!

Floor Hockey Tournament – Mark the date!

Join us Saturday, June 8th for our 2nd Annual Floor Hockey Tournament!

Boys and Girls, aged 5-7yrs, 8-10yrs and 11-13yrs are invited to play.

More information will be available soon. Visit our website for updates.

*Note: Tournament may run into Sunday, June 9th depending on the number of participants registered.

Afterschool Programming at Terence Bay Site!

Afterschool fun continues at the Terence Bay C@P Site!

Visit our website for full program details or contact Gillian or DJ

Gillian@prospectcommunities.com – DJ@prospectcommunities.com

Babysitting Course - 11 yrs +

BLAST – Babysitting Lessons And Safety Training

Date: March 23rd 2012

Time: 9am-5pm

Price: \$35 per person

You must bring your own lunch and snacks
(beware of food allergies)

Register at PRCC Front Desk by March 15th!

Full course details online

Indoor Walking Club



Tuesday/Thursday - 8:30am-12pm

\$2.00 per visit

10 laps = 1 km in our gymnasium.

Great for stay-at-home moms – bring your strollers!

Book Club at PRCC

Would you like a chance to discuss the books you love to read? Joining a book club is a great way to expand your typical reading boundaries, enjoy interesting conversation and make new friends. Meetings are on Sunday evenings at 7:00 pm.

Following is a list of the books we will be reading for the winter session:



March 17th - The Three Day Road - *Joseph Boyden*

April 21st - The Sisters Brothers - *Patrick DeWitt*

May 19th - Still Alice - *Lisa Genova*

June 16th - Atonement - *Ian McEwan*

For more information call Linda Horne at 852-2085 or email at lhorne@bellaliant.net.



Prospect Road Community Centre – Donor Recognition Sculpture

Would you like to make a financial contribution to your community centre and have your donation recognized on our Donor Recognition Sculpture? A 1,000 lb, forged iron sculpture has been placed in PRCC's "main street" area for everyone to see and enjoy. It includes 200 metal nameplates that can be inscribed to recognize your financial generosity.



The gift amounts are three-tiered: \$100+, \$500+ and \$1,000.

Pledge forms can be picked up at the PRCC Front Desk.



For further details visit: www.centre.prospectcommunities.com

Bounce Inflatable Birthday Parties!

**** All pricing includes your basic price option and any add-ons are additional to the initial price.**

Castle Options	Basic Includes: 1 hour w/castle – 2 hours party room	Basic + Includes all basic items & 1 extra hour w/castle	Basic ++ Includes all basic + items & 1 extra hour party room	Use of equipment room Without Staff	Use of equipment room With staff – 1 hour	Use of equipment room With staff – 2 hours
1 castle – Basic Bouncer	\$250	\$100	\$120	\$30	\$45	\$60
1 castle – Slide Bouncer	\$325	\$120	\$140	\$30	\$45	\$60
2 castles Slide + Bounce	\$475	\$120	\$140			



Now booking starting January 2013

Questions? Want to book a party?

Contact Jessica - 852-2711 or jessica@prospectcommunities.com

Advertise with Prospect Communities!

Online: Banner ads will be displayed on Prospectcommunities.com and the Prospect Road Community Centre website:

- 3 months - \$50
- 6 months - \$90
- 12 months - \$162

On-Screen: Your ad will be seen in the most travelled public building in the community! Your ad will be rotated on all the public access computers (6) and 40-inch digital display. All screens are located in heavy traffic areas

- 3 months - \$50
- 6 months - \$90
- 12 months - \$162

Interested? Questions? Contact Us!

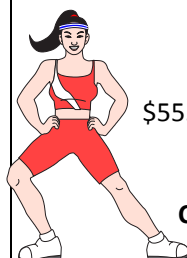
Email: Jason@prospectcommunities.com

Phone: 852-2622

Personal Training @ PRCC

Personal Trainer, Leslie Hogg, a certified trainer from Canfit-Pro will help you reach your fitness and lifestyle goals, whatever they may be!

Personal Trainer, Kara Kline, a certified Level 2 Personal Trainer has years of experience in the industry and is committed to making a healthier, happier you!



Prices:

\$40.00 per hour session
\$55.00 per hour session for couples

Contact Leslie: 902-483-6200

Contact Kara: 902-441-6050

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Spring Programming 2013

Sewing Machines Needed!

Do you have a sewing machine at home that you are no longer using and would like to donate to a community program for youth?

PRCC is asking the community with help gathering enough fully-functioning sewing machines so we are able to offer a sewing program to the youth in our community.

If you would like to donate your sewing machine, please contact Jessica at 852-2711 or Jessica@prospectcommunities.com to make drop-off arrangements.

Room Rentals Available!

PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!

Don't forget to book your Family or Staff Christmas Party!

Wedding and Special Event Packages also available!

More information available online!

Room	½ Room/hour	Full Room/hour
Meeting Room	\$8.00	\$11.00
Kitchen (without use of Centre supplies)	N/A	\$37.00
Multi-purpose	\$16.00	\$21.00
Multi – 1 and ½ hour	\$27.00	\$32.00
Gym	\$18.00	\$36.00
Gym – 1 and ½ hour	\$27.00	\$53.00
Art Room	N/A	\$11.00

Adult Sport or Fitness Class Drop-in Procedures

If you wish to drop in to one of our many adult sport or fitness classes offered here at PRCC, the procedure to do so is as follows:

1. Once the class has begun, the instructor/volunteer will take attendance and then announce how many spaces are available for drop-in for that particular night.
2. If you will be filling one of the spaces available, you must then pay our drop-in fee at the front desk. The front desk staff will provide you with a “proof of payment” ticket.
3. Present the “proof of payment” ticket to the instructor/volunteer and have fun!

All drop in spaces will be first come – first serve.

We ask that you please respect these rules as each class has a set maximum for the safety of all participants.

Fees:

- ½ hour Fitness classes - \$3
- 45 minutes or 1 hour Adult Sport/Fitness Drop-in – \$5
(Cardio Blast, Early Morning, All-In-One Fitness, Cardio Strengthening, Older Adult Fitness, Weekend Bootcamp)
- Specialty Fitness/Yoga - \$7
(Yoga, Yogalates, Yogafit, Zumba, Cardio Kickbox)
- 1.5 hour Adult Sport - \$7
- Bootcamp with Charity - \$8

For further details visit: www.centre.prospectcommunities.com

After School Bricks 4 Kidz[®]



DESCRIPTION:

- This is a **hands-on** class where students build machines, buildings, vehicles and other structures out of LEGO[®] bricks, using one-of-a-kind **model plans designed by Bricks 4 Kidz**.
- While exploring principles of **engineering, architecture, physics** and more, students will develop problem solving and critical thinking skills.
- Participants build a **new project each week**.
- Each class begins with a teacher-led discussion related to the day's model.
- Once the project is completed, children use the rest of their time to expand their gadgets and collaborate with one another.

CURRICULUM/INSTRUCTIONAL CONTENT:

- Students will work in a lab-type setting using **LEGO[®] components** such as gears, axles and beams.
- Instructional content is **multi-disciplinary** and designed by educators to increase student's general knowledge and introduce **S.T.E.M.** (science, technology, engineering and math) concepts related to the day's model.
- Lessons are **designed around students' interests**, with themes like animals, space, transportation and sports.
- The material covered each session will vary depending on students' ages, experience, and skill level.
- All materials will be provided.

GOALS:

- For children to play and socialize with friends while learning fundamentals of engineering and architecture in a **non-competitive** setting.
- To build **problem-solving** skills, provide an opportunity for **creative expression** and foster an appreciation of **how things work**.
- To help students understand that Architecture and Engineering are viable **career choices**.

BENEFITS:

- Kids already know how to build with LEGO[®] bricks, but with a little coaching they can learn about **engineering, architecture, physics and math** using **specialized components**.
- When lessons are related to something kids enjoy, like building with LEGO[®] bricks, kids are more **motivated and retain more of what they learn**.
- Working with a partner fosters **teamwork** and **cooperation**.
- Completing a new challenge each week builds **self-esteem**.

DURATION/FREQUENCY/COST:

- The programs runs 10 weeks – April 10 – June 12 – Wednesday nights from 6-7pm at PRCC
- Age range – 5-12 yrs – program is tailored for each age group.
- Cost per child - \$100
- Registration will begin March 20th 2013 – at PRCC Front Desk.

Prospect Road Community Centre – Spring Programming 2013

Summer Day Camps 2013

These day camps will be open to children in grade Primary-Five (2011/2012 school year) from both Prospect Road Elementary and Atlantic Memorial Terence Bay School,
Monday to Friday, 8:30am-4:30pm,

July 2nd – August 30th

Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Lunch and 2 snacks (peanut free)
- Water Bottle
- Sun Screen
- Bathing Suit/Towel (for sprinkler)
- Hat
- Change of clothes
- Sneakers

Cost:

\$110 per week

\$15 for 7-8:30am (Early Drop off)

\$10 for 7:30-8:30am (Early Drop off)

\$10 for 4:30-5:30pm (Late Pick up)

Each week will have a different theme which will be available online at a later date.

My Pals and Me – Preschool Summer Day Camp 2013

These morning camps will be open to all children age 3-5, Monday to Friday, 9am-12pm,

July 2nd – August 30th

Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Snack (peanut free)
- Water bottle
- Sun Screen
- Hat
- Change of Clothes
- Sneakers

Cost:

\$47.00 per week

Each week will have a different theme which will be available online at a later date.

Speciality Summer Camps 2013

Prospect Road Community Centre will be happy to offer Specialty Camps throughout Summer 2013. Details about these camps will be available online at a later date!

We will also be offering Summer Programs at the Terence Bay C@P Site!
Details about these camps will be available online at a later date!

Visit : www.centre.prospectcommunities.com frequently for updates.

For further details visit: www.centre.prospectcommunities.com

Zumba 4 Guiding

Help support

1st Timberlea Pathfinders and Rangers

International Guiding Trip

London & Paris—August 2013

2-hour Zumba experience

*Taught by Heatheranne Bratty
and other special zumba-certified guests!*

When: May 3rd 2013—7:30-9:30pm

Where: Prospect Road Community Centre

Ticket Price: \$20

For tickets contact:

PRCC Front Desk - 852-2711

jessica@prospectcommunities.com

or ggcdreamteam@gmail.com



Girl Guides
of Canada
Guides
du Canada



RESOURCE OPPORTUNITIES CENTRE

PRCC Hours of Operation

Front Desk

Monday to Friday 8:30am - 10:00pm (Centre closes at 10:00pm)
Saturday & Sun Sunday 8:00am - 9pm (Centre closes at 8:00pm)

Fitness Centre

Mon - Fri 8:30am - 10pm. Fitness centre access at 6am - 10pm.
Sat - Sun 8am - 9pm. Fitness centre access at 8am.

Contact: Prospect Road Community Centre
2141 Prospect Road
Hatchet Lake, Nova Scotia B3T 1S1
Phone: 902 852 2711
Fax: 902 852 2867
Email at: admin@prospectcommunities.com
Visit us at: www.centre.prospectcommunities.com

902-852-2711

or visit

centre.prospectcommunities.com

PRCC Staff:

General Manager: Delisca Norris
Email: delisca@prospectcommunities.com

Administrative Manager: Melanie Joudrey
Email: admin@prospectcommunities.com

Facility Maintainer: David Thomas

Our current Board of Directors are:

- Barb Allen – Chair
- Rhonda Dea – Vice Chair
- Amy Langille – Treasurer
- Victoria Horne – Secretary
- Kelly Carlton
- Tom Lavers
- Judith Kemp
- Cara Lynn Garvock
- Pratima Devichand
- Liz Amyooney
- Lisa MacKay

ROC Hours of Operation (Spring)

Monday - Wednesday	1:30 pm - 4:30 pm
Thursday	1:30 pm - 6:00pm
Friday	9:30 am - 12:00pm

Note: Summer hours may vary depending on programming, Contact us for an appointment!

Contact: Resource Opportunities Centre
1714 Lower Prospect Rd
Terence Bay, NS B3T 1Y6
Phone: 902-852-2622
Fax: 902-852-3267
Email: mail@prospectcommunities.com
Visit us at www.roc.prospectcommunities.com

902-852-2622

or visit

roc.prospectcommunities.com

We offer:

- Services for faxing, printing, scanning, photocopying and burning CD's
- After school events and programs for children
- Wireless high speed internet access
- Web page support for your group, business or hobby
- Nintendo Wii Fit - Sony Playstation
- Easy research for hobbies & crafts
- Desktop publishing

...and much more!

ROC Staff:

ROC, Technology Coordinator: Jason Bungay
Email: jason@prospectcommunities.com

After-School Instructors: DJ Welsh & Gillian Morrissey

Newsletter Editor: Cara Lynn Garvock & Barb Allen
Design / Layout: Jason Bungay

The ROC C@P Site is located in the Terence Bay Elementary School. The front entrance is on Sandy Cove Road. Parking is available next to the ball field. The ROC and its staff are here to serve the community. Contact ROC for more information, or for assistance.



@prospectandarea
#prospectcommunities #prcc



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